

**What is claimed is:**

1. A process for making a composite profile, including at least one core piece and one insert piece, each having a top surface and a bottom surface, and a first end and an opposite second end, wherein said core piece defines a first channel sized to receive said insert piece, comprising the steps of:
  - providing a crush rib between the bottom surface of the insert piece and the channel; and
  - pressing said insert piece into said first channel to deform the crush rib until the top surfaces of the insert and the core are aligned.
2. A process for making a composite profile as recited in claim 1, and further comprising the step of coating the assembled core and insert with a polymeric coating.
3. A process for making a composite profile as recited in claim 2, wherein said coating is a thermoplastic and is applied by passing said assembled core and insert through an extrusion die.
4. A process for making a composite profile as recited in claim 2, and further comprising the step of providing a wider gap between the insert and the core near the top than further into the core and applying coating into that wider gap.

5. A process for making a composite profile as recited in claim 4, wherein said wider gap is formed by providing a recessed shoulder on said insert.

5 6. A process for making a composite profile as recited in claim 4, wherein said wider gap is formed by making the channel wider at the top edge than at the bottom.

7. A process for making a composite profile as recited in claim 2, 10 wherein said insert piece further defines at least one side surface, and said side surface defines at least one recessed shoulder, forming a gap between said core piece and said insert piece above said recessed shoulder, and wherein said gap is filled with said coating.

15 8. A process for making a composite profile as recited in claim 2, wherein said channel of said core piece defines at least one leg extending from said bottom surface to said top surface of said core piece, and said leg widens adjacent said top surface of said core piece to define a gap between said leg of said core piece and said insert piece, and wherein said gap is filled with said 20 coating.

9. A process for making a composite profile as recited in claim 1, wherein said channel defines at least one leg, and said insert piece defines at

least one side surface, and further comprising the step of applying adhesive to at least one of said leg and said side surface prior to pressing said insert piece and said core piece together.

5           10.    A process for making a composite profile as recited in claim 9, wherein said bottom surface of said core piece defines at least one shallow pocket to act as a repository for any extra adhesive applied.

10           11.    A process for making a composite profile as recited in claim 9, and further comprising the step of applying adhesive along an opposite second end of said core piece so as to counter uneven expansion due to moisture absorption by said core piece from said adhesive.

15           12.    A process for making a composite profile as recited in claim 11, and further comprising the steps of:

              providing a second channel along said opposite second end of said core piece; and

              inserting a second insert piece into said second channel.

20           13.    A process for making a composite profile as recited in claim 12, wherein said second channel defines a second bottom surface, and said second bottom surface defines at least one shallow pocket to act as a repository for any extra adhesive applied.

14. A composite profile, comprising:
- a core piece, having a top surface which is partially unrecessed and which is partially recessed to define a channel;
- 5 an insert piece, having a top and a bottom, said insert piece being received inside said channel, with the top of said insert piece coplanar with the unrecessed top surface portion of said core piece; and
- a crush rib between the bottom of said insert piece and said core piece, said crush rib being partially deformed.
- 10
15. A composite profile as recited in claim 14, wherein said crush rib is an independent piece, separate from said core piece and said insert piece.
16. A composite profile as recited in claim 14, wherein said crush rib is
- 15 a projection from one of said core piece and said insert piece.
17. A composite profile as recited in claim 16, wherein said crush rib is an upward projection from said core piece.
18. A composite profile as recited in claim 14, and further comprising a
- 20 polymeric coating surrounding said core piece and said insert piece.

19. A composite profile as recited in claim 18, wherein there is a gap between said core piece and said insert piece adjacent said top surface, and wherein said gap is filled by said coating.

5           20. A composite profile as recited in claim 19, wherein said insert piece has side surfaces that are closer together at the top than in a further recessed position, thereby forming said gap.

21. A composite profile as recited in claim 20, wherein said insert piece  
10 defines a recessed shoulder.

22. A composite profile as recited in claim 19, wherein said channel defines sides that are wider apart at the top than in a further recessed position, thereby forming said gap.